



**institute for girls' development**  
A Psychological Corporation

# Mind Body Spirit Adventures

A fun, in-depth therapy experience  
in  
self discovery and hardiness!

## **Elementary School Program (3rd-5th grades)**

Tuesdays and Thursdays: June 28—August 4, 2011 from 1:30pm—3:00pm

## **Middle School Program (6th-8th grades)**

Mondays and Wednesdays: June 27—August 3, 2011 from 1:30—3:00pm  
(No meeting on Monday July 4, 2011)

### **Expert Guests!**

Lineage Dance

Yoga

### **Girls:**

Get creative!

Flex your strengths!

Be real and confident in your friendships!

Build your media smarts!

### **Activities:**

Indoor & Outdoor Activities

Arts & Crafts

Journaling & Creative Writing

Skits & Role Plays

Yoga & Mindfulness

Fun Activities With Expert Guests

To learn more, visit our website [www.InstituteForGirlsDevelopment.com](http://www.InstituteForGirlsDevelopment.com)  
or contact us at: (626) 585-8075, ext. 108

### **Institute for Girls' Development**

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-Sliding scale available for qualified families-

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